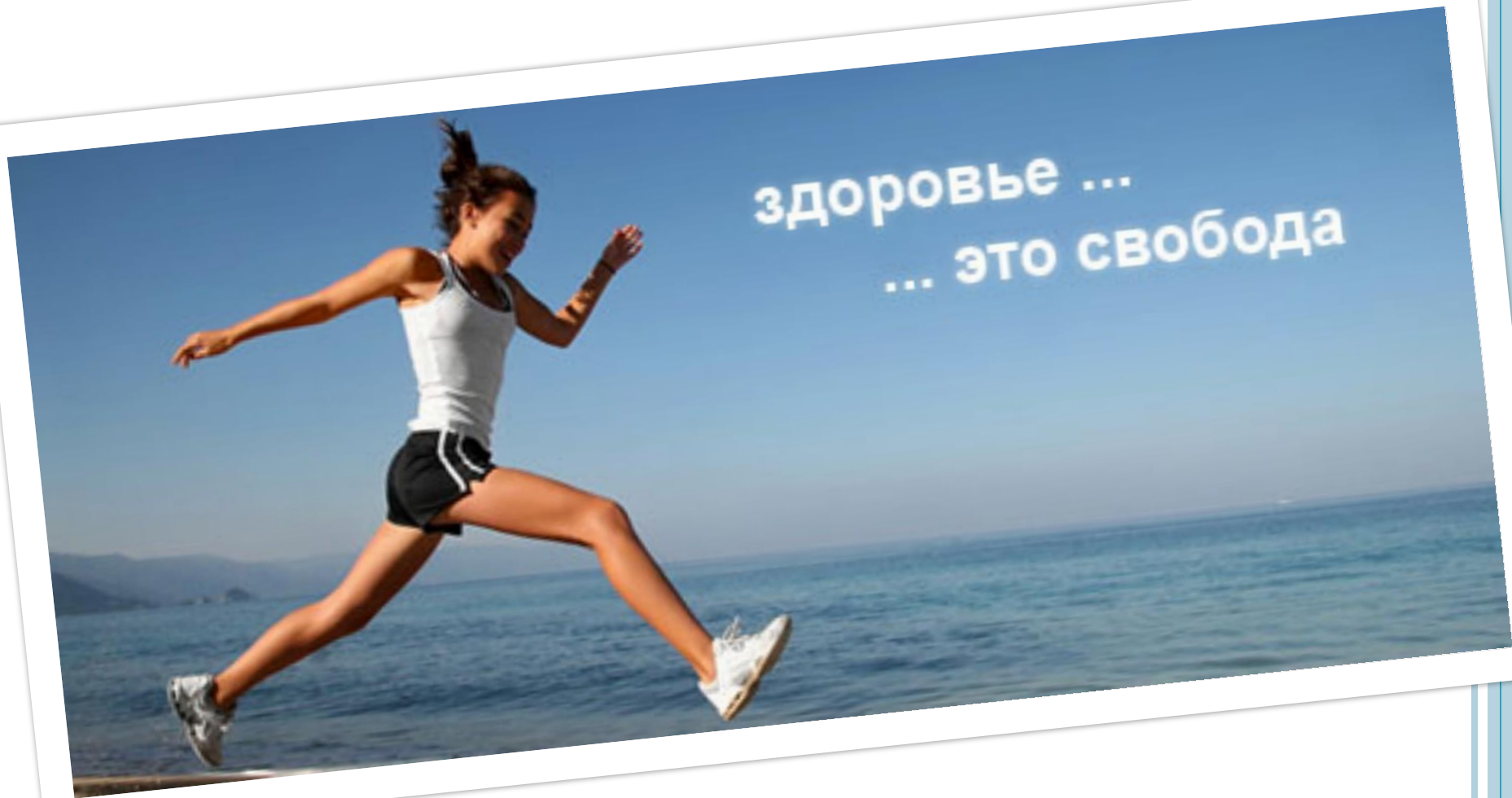


НАЦИОНАЛЬНЫЙ ИССЛЕДОВАТЕЛЬСКИЙ
TOMSK POLYTECHNIC UNIVERSITY

HEALTHY LIFESTYLE

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HEALTHY LIFESTYLE (HLS) - THE IMAGE OF AN
INDIVIDUAL'S LIFE TO PREVENT DISEASE AND PROMOTE HEALTH.



What is a
healthy
lifestyle?



3) family
and
household

1) work



4) leisure

2) social



ELEMENTS OF HEALTHY LIFESTYLE

Environment: a safe and suitable for living, understanding of the impact on the health of the surrounding objects



Nutrition: a moderate, corresponding to a specific physiological features of human awareness of the quality of used products



Movement: a physically active life, including special physical exercises with the age and physiological characteristics



Factors for Health Promotion

routine



physical activity



environmental factors





**МЫ ЗА
ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ!**

The left side of the slide features a series of vertical stripes in various shades of light blue. Overlaid on these stripes are several teal-colored circles of different sizes, arranged in a descending, staggered pattern from top to bottom.

**THANK YOU FOR
YOUR ATTENTION**